

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

1. (currently amended) A safety stirrup ~~including~~ comprising:

a generally U-shaped mounting member, and

a foot support member for receiving a rider's foot, such that when the rider's foot is in the normal use position, the foot support member is ~~restrained~~ supported within the generally U-shaped mounting member by at least one or more mountings-mounting comprising a releaseable connection between the generally U-shaped mounting member and the foot support,

wherein vertically upward movement of the rider's foot out of the normal use position causes the at least one or more mountings-mounting to release the foot support member sufficiently that the foot support member can move in the same direction as the rider's foot until the foot support member is fully disconnected from the U-shaped mounting member.

2. (currently amended) A safety stirrup ~~according to claim 1 including~~ comprising:

a generally U-shaped mounting member, and

a foot support member for receiving a rider's foot, such that when the rider's foot is in the normal use position, the foot support member is ~~restrained~~ supported within the generally U-shaped mounting member by at least one or more mountings-mounting having at least one or more projections- projection,

wherein, during normal use, the at least one or more projections- projection is ~~are~~ located in a recess one or more recesses adjacent the ends of the U-shaped mounting member but vertically upward movement of the rider's foot out of the normal use position causes the at least

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one ~~or more mountings~~ mounting to release the foot support member sufficiently that the foot support member can move in the same direction as the rider's foot until the foot support member is fully disconnected from the U-shaped mounting member, the at least one ~~or more projections~~ projection moving in a ~~their~~ respective recess(es) and rotating in the same direction as the rider's foot prior to the foot support member being ~~fully~~ fully disconnected from the U-shaped mounting member.

3. (currently amended) A safety stirrup according to Claim 2 wherein one or more of the mountings comprises at least one ~~or more~~ additional projections which, when the stirrup is in the normal use position, is received in a complementary shaped recess.

4. (currently amended) A safety stirrup according to claim 2 wherein the at least one ~~or more~~ ~~projections~~ projection is ~~are~~ located on the foot support and are received in one or more recesses in the U-shaped mounting member.

5. (withdrawn) A safety stirrup according to Claim 2 wherein the one or more projecitons are located on the U-shaped mounting member and are received in one or more recesses in the foot support.

6. (original) A safety stirrup according to Claim 2 wherein one additional projection is located on one side of the foot support member, and another additional projection is located on an opposing side of the foot support member, each additional projection being received in a complementary shaped recess in the U-shaped mounting member.

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7. (withdrawn) A safety stirrup according to Claim 2 wherein one additional projection is located on one arm of the U-shaped mounting member, and another additional projection is located on the other arm of the U-shaped mounting member, each additional projection being received in a complementary shaped recess on the foot support member.

8. (currently amended) A safety stirrup according to Claim 2, wherein at least one of the complementary shaped recesses includes an indentation in which the additional projection resides during normal use, but vertical movement of the rider's foot out of the normal use position causes the additional projection to move out of the indentation, releasing the foot support sufficiently that the additional projection can move along a guide and the foot support member can move in the same direction as the rider's foot prior to the foot support being fully disconnected ~~form~~ from the U-shaped mounting member.

9. (Currently amended) A safety stirrup according to Claim 2 which further includes a biasing means to resist movement of the at least one projection ~~projections~~ in a ~~their~~ respective recesses.

10. (original) A safety stirrup according to Claim 1 which is constructed of non-metallic material.